

Providing Help. Creating Hope.

Established in 1945, Catholic Social Services is a faith-based social service agency focused on improving the quality of life for people in need throughout Central and Southern Ohio. Helping vulnerable people at their most vulnerable times, Catholic Social Services strengthens families, guides individuals toward economic stability and serves as the extended family for seniors.



CSS is focused on the unmet needs of our community, offering services focused on individuals and families, emergency assistance and financial stability, and seniors/the elderly. CSS makes a long term commitment to its clients. For our seniors,

this means that CSS will be there to help them age with grace. For other clients, this means that we will help them attain a better, promising future. CSS holds itself to the highest standard of excellence, respect, trustworthiness, and compassion in our client and community care. Our client satisfaction rates average above 95%.

Catholic Social Services is nationally accredited by the Council on Accreditation (COA), which certifies that all operations and programs meet best practice standards for professional service. CSS is a member of Catholic Charities USA, a member agency of United Way, and is licensed by the Ohio Department of Mental Health.

Offices are located in Columbus, Heath, Portsmouth, and Zanesville.

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Counseling Services

Who We Are

We are a licensed counseling program that has served the needs of Central Ohio for over 60 years.

Individuals, Couples and Families

Mental health counseling is provided using a variety of treatment modalities, including Cognitive Behavioral Therapy, EMDR, Gestalt, Solution-Focused Therapy, Reality Therapy, ACT, and the Gottman Method.

Children and Adolescents

Mental health counseling is offered for youth (ages 5-18) and their families who have experienced a variety of issues, such as trauma, ADHD, depression, anxiety, life stressors, or difficulties in the school environment. Our approach is age-appropriate, strength-focused, and based upon the individual child and family needs.



Christian Counseling

Christian counseling services are offered by a licensed independent social worker who has completed Biblical Christian Counseling training with Breakthrough Reconciliation Ministries. This counseling offers a focused, nurturing, and faith-inspired approach to clients who desire an emphasis on Biblical principles and prayer.

Crisis Pregnancy Counseling

Counseling and education is provided for those experiencing an unplanned pregnancy to help explore life-affirming options.

Maternal Counseling

Supportive mental health counseling for those experiencing life stressors related to pregnancy or early years of parenting. Life stressors may include difficulty coping with life changes, relationship problems, isolation or lack of support, teen pregnancy, trauma, post-partum depression, and other perinatal mood and anxiety issues. Home-based counseling is available for Medicaid clients.

Project Rachel

Project Rachel provides post-abortion reconciliation and spiritual healing. All services and inquiries are held in complete confidence. Project Rachel is open to anyone who is struggling with an abortion, regardless of faith.

Who We Serve

- Counseling is available to individuals and families of all faiths and backgrounds.
- We accept self referrals, as well as referrals from churches, community agencies, and other organizations.

With Those Seeking Help, We:

- Respond in a timely manner to all phone inquiries and/or referrals for counseling.
- Promptly schedule the first counseling session following the intake interview.
- Offer evening hours (office hours: 8:30 am – 7:00 pm M-F).
- Accept Medicaid, Medicare, most insurances, and sliding-fee private pay.

Call today to see if our services may be a good fit for your needs.

**Would you like to know more about our Counseling Services?
Call Catholic Social Services' intake coordinator at (614) 857-1218.**

CATHOLIC SOCIAL SERVICES

"Words cannot convey the gratitude I have for what you did for me. I am just sure that God sent me to you for the healing that I experienced. And how liberating it is!! I will be forever grateful to you. Thanks again and may God bless you."

"Everyone was so friendly and attentive."

"I almost never rate any program with the highest marks, but my experience was such a pleasure that I really have only praise and to say that it was an excellent experience."

"The help was excellent."

"The staff was very helpful and pleasant to be around."

– From Our Clients

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197 East Gay Street
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www.colscss.org



United Way
of Central Ohio
Member Agency



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Counseling Services



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